Principal’s Report

Principal Position
The Irymple Secondary College principal position has recently been advertised and the selection panel will meet this week. Parents will be advised by letter of the outcome of the selection process shortly.

Dali Sister School Visit
Fourteen students and five teachers from our sister school in Dali, China arrive on Thursday for a week long visit. The students will be hosted in the homes of our Year 10 students who will be making the return journey to Dali in September. It will be a very full program for the week, with a blend of class activities, district tourist outings and student presentations.

The visit is a wonderful opportunity for our visiting Chinese students to experience a taste of life in Australia and to develop their language skills. Most importantly it allows our students and theirs to develop a better understanding of other cultures and to develop lifelong memories and friendships.

Parent Opinion Survey
Those parents who have received the 2016 Parent Opinion Survey are asked to complete the survey and return it to the school office by Friday 5th August please. It is essential that we get as many responses as possible to provide accurate data and feedback to act upon. The survey is an important part of every school’s parent engagement strategies and assists with future planning and improvement. Parents from our community are randomly selected to participate in the annual survey, which is confidential and anonymous.

Term 3 Staffing
Mrs Sarah Doolan will take 6 weeks long service leave from this Friday and our school chaplain, Mr Andre Whitton, will be taking 3 months long service leave from this Friday until the first week of November. Arrangements are being made within the school to replace both Sarah and Andre and we hope they enjoy their well-earned leave.
Ms Jess Cook commences parental leave this week and we wish Jess well in this exciting new phase of her life.

School Camps
The year 8 camp to Central Australia departs this Thursday and 49 excited students will be accompanied by 4 staff members and one parent for their 9 day adventure. The following week, 30 Year 9 students will be accompanied by 3 staff members on a three-day Arts Camp to Melbourne. We look forward to hearing reports of the trips in a future newsletter.

More Public Feedback on Students
Last week we had school teams participate in the interschool hockey competition and each school was required to perform officiating duties to support the successful functioning of the event. The event convener emailed me late last week to particularly acknowledge our three students who performed the officiating duties in a mature and responsible manner. Well done to Izaak Luitjes, Michael Penna and Julian Rayner for your contribution to a very successful day.

St Ann’s College Prize
An ex-student of Irymple SC has won the prestigious Collegians Prize for accommodation at St Ann’s, a student residential college in Adelaide, for 2016. Tyson McLean was a school captain and completed a traineeship in the school office during his gap year in 2014. We are proud of the many and varied achievements of our ex-students.

Mrs Robyn Blackie (Acting Principal) blackie.robyn.m@edumail.vic.gov.au
Assistant Principal’s Report

Healthy Living ISC Breakfast Club
Last week we held a casual dress day with all proceeds going to the School Breakfast Partnership/ Sunraysia Cancer Resources Tour de Depot. Our school raised $305.00 which has been forwarded to this project.
Irymple Secondary College's Breakfast Club operates every Monday and Thursday in the school's Food Tech room providing a healthy free breakfast to kick start the school day.
* A further reminder that Power Cor’s Tour De Depot is being held on Sunday 21st August and all proceeds are going towards the Mildura Regions School Breakfast Partnership and the Sunraysia Cancer Partnership. We have registration forms that the front office at ISC or otherwise you may decide to register online.

Healthy Together Mildura 10,000 Steps Challenge
Monday August 1st sees the start of 3 ISC Staff teams participating in the 10,000 Steps Challenge until early September. Well done to all participants.

Grade 5/6 Enrichment Workshops
This week sees the conclusion of our Grade 5/6 Workshops after school for 2016. A big thank you to staff who have run or supported these workshops, special thank you to Angela Hung our Food Tech assistant who has provided homemade refreshments to our students and coordinator Anthony Ryan who has ensured the smooth running of the workshops. We have had more than 150 participants take up the opportunities of attending ISC to complete a workshop from History Challenge, to Mosaics, to Drama, to Maths, to Woodwork. Next year we aim to continue running these workshops for our Grade 5/6 Feeder school students.

Mrs Anne Symes – Assistant Principal  symes.anne.as@edumail.vic.gov.au

Looking After Your Ears

Some causes of hearing damage
Once hearing is damaged, it often can’t be restored. Some of the many causes of hearing damage include:
- **Noise** – when the sensitive hairs that pick up sounds in the ear are damaged by excessive noise. Ringing in the ears after exposure to loud noise is a warning sign that your ears have been overloaded.
- **Drugs** – certain chemicals and drugs can damage your hearing.
- **Disease** – some diseases, such as measles, mumps, rubella (German measles) and meningitis, can cause loss of hearing.
- **Injury** – including perforation of the ear drum, fractured skull or large changes in air pressure.

Noise and hearing
The amount of damage that noise can do to your ears depends on the amount of energy in the noise. The energy depends on both the intensity of the noise (how loud it is) and how long you are exposed to the noise. The amount of energy in the noise and the damage it can do to your hearing increases very rapidly as it gets louder.
If you can’t understand what people are saying to you because of the noise around you, get away from there because your hearing is at risk! Any noise that leaves you with ringing in your ears can also be dangerous and should be avoided, or at least turned down!!
For young people in particular, the most dangerous noise is amplified music, for example in gigs and clubs. Headphones, car stereos and mobile phones are also having a bad effect on the hearing of young people.
Headphones are fine if you use them safely. Research shows that 25% of people listen to headphones at a level that will cause hearing damage. Follow the 60/60 rule - don't have your player above 60% of the maximum volume, and don't listen to it for more than 60 minutes at a time.

Structural changes to some of the hair cells and nerves in the inner ear happen immediately after being exposed to very loud noise for a long time.

You might experience:
- dulled hearing
- difficulty in understanding speech
- feeling full inside your ears
- ringing or high-pitched noise in your ears.

These effects may go away after a few hours, but sometimes it can take several days. Being exposed to loud noise often will mean losing hair cells as you get older, so that it is harder to pick up the detail in sound.

To avoid hearing damage from excessive noise:
- When using any power tools (e.g. chain saws, lawn mowers), earmuffs should be used.
- In night clubs (where much of the damage is done), do not stay long, don't go too often and keep well away from the loudspeakers - or go somewhere else where the music is not so loud.

**Injury and hearing**
The middle and inner ears are protected by the temporal bones, located at the base and sides of the skull. Head injury that involves trauma to these bones can cause hearing loss. Concussion may be enough to cause hearing damage, even if the skull bones aren’t broken.

Hearing damage can also be caused by changes in air pressure on either side of the eardrum. This can be caused by descending or ascending through water too quickly – for example, while scuba diving.

Suggestions to avoid hearing damage through injury include:
- Wear a helmet while bicycling and playing contact sports.
- Wear a seat belt when travelling by car.
- Avoid falls – for example, don’t stand on the top rung of a ladder.
- Take all precautions while scuba diving.

**Other suggestions on ear care**
A range of conditions and events can cause temporary hearing loss. Suggestions on reducing your risk include:
- Don’t try to clean your ears by poking anything into the ear canals. You may injure the delicate skin, or impact earwax.
- Reduce the risk of ear infections by treating upper respiratory tract infections promptly.
- Avoid swimming in dirty water.
- Dry your ears after bathing.

*Julia Lohmeyer – School Nurse*

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**Interschool Badminton**

We had 3 representative Badminton teams set off to Chaffey Secondary College last week to compete in the I/S Badminton. They consisted of the Junior girls, Intermediate girls and Intermediate boys. After a limited preparation we were unsure of how we would go. As it turned out we came back with some good results. Each of our 3 teams finished runners up in each of their divisions. All teams played a round-robin format with the Junior girls and Intermediate boys playing a 3 team round-robin and the Intermediate girls playing a 4 team round-robin. The Intermediate boys team which consisted of John Mendoza, Tom Nichols, Damon Morris and Antonio Tuccio had a very keen battle with Chaffey S.C. first up but
Chaffey got the better of us winning 4-2 with an aggregate point score of 109-80. Our boys reversed that result against Chaffey in their second match winning 4-2 with an aggregate point score of 104-92.

Our Junior girls consisting of Paige McLean, Latara Trigg, Emilie Osborne and Tuyen Dinh also had a very close battle first up against Merbein P-10. There was only 11 points separating us at the completion of the match with Merbein winning 4-2 with an aggregate point score of 86-75. The girls had a good win in their final match, defeating Chaffey 4-2 with an aggregate point score of 96-76.

Our Intermediate Girls team consisting of Kendall McLean, Aleisha Schreiber, Tarsha Hawley, Savanna Kalms and Courtney Orwell had a comfortable win first up against Chaffey winning 4-2 (90-71 points). Their second match was a tight affair against 1 of the Merbein teams. At the completion of the match, Merbein pulled away winning 4-2 with an aggregate point score of 94-79. The third match was against the other Merbein team and was a very tight contest. At the completion of this match it was 3 games apiece so the result went down to aggregate score, with our girls coming out on top 88-76.

As a result, all 3 teams finished in 2nd place overall. Congratulations and well done to all 3 teams for their effort and behaviour on the day.

Steve Morrish - Sport Coordinator

Year 7 & 8 Boys Interschool Football

The Junior boys interschool football tournament was held on Tuesday 26th July and saw our boys face St Josephs, Red Cliffs SC, Chaffey SC and Merbein P-10. Our first match was a one-sided contest against a quality SJC team. Scores: SJC : 7-6-48 def. ISC: 0-0-0

Our second match was a much tighter contest against Merbein P-10. Scores: Merbein P-10: 3-1-19 def. ISC: 2-1-13

The third match against Chaffey was a cliff hanger to the very end, unfortunately our boys fell short by 3 points. Scores: CSC: 5-5-35 def ISC: 5-2-32

Our final match was against the eventual tournament winners Red Cliffs, and even though our boys battled hard Red Cliffs were too strong across the ground. Scores: Red Cliffs: 6-5-41 def ISC: 1-0-6

Better players on the day were Harry Primis, Riley Ward, George Alevaras and Jordan Stainer. Thanks to all boys for their effort and sportsmanship on the day, thanks also to Harley Holmes and Angus Cole for their efforts with umpiring duties. Also thanks to Andre Whitton for his coaching support and encouragement on the day.

Todd Hughes – Junior Footy Coach

Year 9 & 10 Boys Interschool Football

On Tuesday 26th July, the Year 9 and 10 boys went to the Aero Ovals to compete in the Intermediate Interschool Football. The goal scorers for the day were Sam Fangaloka and Nick Price with one each, Locke Thornton slotting a few and Lachie Timms with three for the day. For the first game we had Merbein, which we unfortunately los to by 4 points. Next up we played St. Joes, and also regrettably lost. In the last game we played Chaffey and comfortably got home, winning by a decent margin. All in all, we all had a great day. Thank you to student teacher, Mr. Mead, for coaching our team.

Jezz Graham
Come along to

BREAKFAST CLUB

Every Monday and Thursday
Food Room A8
8 am until 8.45 am

Toasties, milo, toast, cereal, fruit, muffins.
Join us at Powercor Tour de Depot - a community cycling event for all ages and fitness levels.

Powercor Tour de Depot brings the community together to raise much needed funds for local charities. All monies raised, including 100% of entry fees, goes directly to the Mildura Region School Breakfast Partnership and the Sunraysia Cancer Resources.

**Help** raise funds for the Breakfast Club by participating in the Powercor Tour de Depot. As a registered school we have the chance to win up to $5000. You can register in two ways:

1. Fill in the registration form attached to this newsletter or that your SRC members will be handing out at year level assembly. Make sure Irymple Secondary College is written on the form. Hand in your completed form and money to the office.

   Again make sure Irymple Secondary College is included when asked for on the form.
   Online registrations close **Friday 19 August**.

**10km Community Participation Ride:** 10:00am at Nowingi Place

**FREE Community Festival:** 9:00am – 3:00pm
The community festival at the finish line includes free rides, face painting, market stalls, a sausage sizzle, local entertainment and much more.

Registration fees
- **$35** for families (2 adults and 2 children)
- **$15** for adults
- **$5** for children and students

Haven’t got a bike? Scooters are accepted.

Anne Symes and Karen Boyce (ISC Breakfast Club Co-ordinators)
# Registration Form

## RIDER DETAILS

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## FAMILY MEMBER’S DETAILS (if participating in Community Participation Ride)

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## EMERGENCY CONTACT DETAILS (compulsory information)

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## SCHOOL NAME (if part of the Powercor Schools Incentive Program)

School name: Irymple Secondary College

## EVENT

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<td>Community Participation Ride - Family (2 adults &amp; 2 children)</td>
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<td>Community Participation Ride - Adult</td>
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<td>Community Participation Ride - Child</td>
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## MEDICARE (for on road medical care if required)

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## PAYMENT - CASH OR CREDIT CARD DETAILS

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## ACKNOWLEDGMENT OF ENTRY

1. I understand that participation in this ride is subject to the Tour de Depot terms & conditions and this is an important document which affects my legal rights.
2. I acknowledge that a copy of the terms & conditions has been made available to me on www.tourdedepot.com.au and that I have read and understood them prior to signing this Rider Entry Form.
3. By completing this Rider Entry Form, I agree to the terms & conditions and all other terms and conditions notified to me by Bicycle Network, from time to time, in relation to the ride.
4. I am making a commitment to prepare physically and emotionally for the Tour de Depot.

Protecting Your Privacy: We collect, use, disclose and otherwise handle your personal information in accordance with the terms of your Privacy Policy Statement. See www.bicyclenetwork.com.au (search: privacy) for full details. All information remains the property of Bicycle Network.

## SIGNATURE (registrations not accepted without signature)

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ThinkUKnow e-Newsletter - July 2016

Pokémon Go
Since its release only a few weeks ago, Pokémon Go has become the most popular smartphone application in history. This augmented reality app allows users to go about their daily life, but in the company of Pokémon. The basic aim of the game is to collect Pokémon characters, working towards ultimate battles in ‘gyms’ which are scattered around our towns and cities. In a nutshell, the aim of the game is to catch ‘em all!
Contrary to the games slogan, you don’t ‘gotta catch em all’ if it means putting yourself in a situation where you feel unsafe, both online and offline.

Why it's fun
It is integrated into our real world. In the past, when we thought of gaming we pictured sitting on the couch for hours in front of a screen. Pokémon Go encourages both adults and children to explore their surroundings. ‘Pokestops’ are often found at well-known landmarks around town, some of historical and cultural significance. The Pokémon themselves can be found in a variety of locations. We’ve been testing out the app, and we found some in our local park, in the lift and in the local supermarket. We’ve even got a ‘Pokestop’ right outside the entrance to our building.

ThinkUKnow Top Tips
1. Depending on your child’s age, search for Pokémon with them, or ensure they have a friend with them at all times if you’re comfortable with them being outside without parental supervision.
2. Make sure usernames don’t contain any identifying information. While there is no built-in chat feature, usernames will appear if you are in a ‘gym’. As you need to be physically near a gym to battle, its best those around you cannot identify you.

Time2Talk
• Why not download the app? Go catch Pokémon with your children so you can see what it’s all about.
• Go for a walk catching Pokémon and have a conversation with your children about appropriate locations to catch them. Which do they think are safe and not safe?
• While walking, occasionally ask them what’s around to draw their attention and focus back to their physical surroundings.
• Remind your child you don’t have to walk to a Pokémon’s exact location to capture it.

3. Talk to your child about the importance of always looking at what is around them before they start hunting Pokémon. Pokémon Go requires you to watch your avatar walking on a screen through GPS tracking. This can sometimes cause children to focus all their attention to that little screen in their hands.

4. Talk to your children about safe places to go while playing. Players can set off ‘lures’ which attract not only Pokémon, but people too. This can cause large numbers of people to flock to locations around town to stand at the lure which attracts Pokémon for 30 minutes. In these instances, it is important to be aware of who is around.

5. Be aware that apps may also have access to your personal information and other applications on your phone, including your location and camera.

6. There are in-app purchases, so don’t forget to chat to your children about the consequences of buying items through the app.

Helpful hint: You can track your child’s activity on the app by clicking on the journal icon as it keeps a log of all activity.
EDUCATING FOR SUCCESS

IRYMPLE SECONDARY COLLEGE WISHES TO THANK THE FOLLOWING SPONSORS:

**THE BEAT STATE SCHOOLS SHOWCASE PRESENTS**

THAT'S ENTERTAINMENT

7.30pm,
Tuesday 16th and Wednesday 17th August
11.00am Matinee, Wednesday 17th August
at Mildura Arts Centre

Tickets:
- Adult $15
- Matinee $6
- Concession $12
- Groups 20+ $4
- Student $10
- Family $40

For bookings and more information:
Mildura Arts Centre 199 Curlewis Avenue Mildura VIC 3500 Tel: (03) 5018 8330
milduraartscentre.com.au

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**THE ATHLETE'S FOOT**

For every pair of school shoes or runners purchased from the Athletes Foot $5.00 goes to the school to be put towards sporting equipment. This offer is open to students and parents who purchase shoes from the Athletes Foot. If you’re in the market for a new pair of shoes, please consider purchasing them from the Athletes Foot and let the shop assistant know that you are from ISC. We thank you for your support.

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**EXCLUSIVE OFFER TO ZERO & REWARDS CARD HOLDERS**

20% OFF SCHOOLWEAR AND EVERYTHING ELSE

**THURSDAY 11TH AUGUST**

AVAILABLE INSTORE & ONLINE

*Terms and conditions apply. Excludes gift cards.*
Irymple Secondary College fondly welcomes the China Exchange Students